

Children's Halloween Party

see page 2

Award-winning Frost/Nixon at the Kennedy Center

301-656-2797

Join us on **Sunday, Nov. 23,** for a matinee performance in the Eisenhower Theatre of *Frost/Nixon*, the Tony-nominated play that recounts one of the most powerful television interviews of all time.

OCTOBER 2008

How did British talk-show host David Frost elicit the apology the rest of the world was waiting to hear from former President Richard Nixon? Starring Stacy Keach, *Frost/Nixon* looks at what was going on both in front of and behind the cameras during David Frost's landmark 1977 interviews with Richard Nixon.



VOLUME 23, NO. 5

Stacy Keach is a consummate actor, equally at home on stage, film or television. *The New York Times* dubbed him "The finest American classical actor since John Barrymore." He has been nominated for or received nearly every acting award including the prestigious Millennium Recognition Award for his outstanding contribution to the classical theatre.

We will leave from the Village Center at 12:30 p.m. and return by 4:30 p.m.The cost of the trip, which includes a seat in the Orchestra (at a ten percent discount), transportation, and driver gratuity, is \$95. Residents and one guest may sign up immediately; nonresidents may sign up Oct. 15. Deadline to sign up is Oct. 22.

Looking for memorable gifts?

Stop by the Friendship Heights Village Center for our annual "Holiday Affair" on **Saturday, Nov. 8, from 10 a.m. to 3 p.m.** This seasonal event will feature the hand-crafted works of local artists and artisans. Here's your chance to purchase gifts from some of the area's most talented artists. You'll find something for everyone—gifts for children, teens, men, even your motherin-law! Why not buy a gift for that special person in your life—yourself?

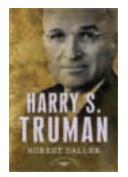
This year we're bringing back some of our favorite artists from previous years as well as introducing exciting new artists. Check out the scarves, woodturn-

ing, pottery; semi-precious stone baskets and fiber works. We'll also have Discovery Toys and Usborne Books for sale. Admission is free.



Prominent historian to speak at the Center

Noted American historian and presidential biographer Robert Dallek will discuss his latest book, *Harry S. Truman*, at the Village Center on



Thursday, Oct. 30, at 7:30 p.m.

In April 1945, after the death of Franklin Delano Roosevelt, the presidency fell to a former haberdasher from Missouri. The plainspoken man never expected to be president, but few chief executives have had so lasting an impact.

Robert Dallek is the author of several bestselling presidential histories, including *Nixon and Kissinger: Partners in Power; An Unfinished Life: John F. Kennedy, 1917–1963;* and the classic two-volume biography of Lyndon Johnson, *Lone Star Rising* and *Flawed Giant.* He has taught at Columbia, Oxford, UCLA, Boston University, and Dartmouth, and has won the Bancroft Prize, among numerous other awards for scholarship and teaching.

Please register for this event by calling 301-656-2797. Copies of the book, provided by Politics and Prose Bookstore, will be available for purchase.

CHILDREN'S PROGRAMS

A Halloween Happening for Kids

Get a jump on Halloween when Friendship Heights hosts a children's Halloween party in the park on Saturday, Oct. 25 from 1 to 3 p.m. The festivities will take place in the Village Center's Hubert Humphrey Park, and are open to children 10 and under. There will be a Halloween moon bounce, face painting, some tricks

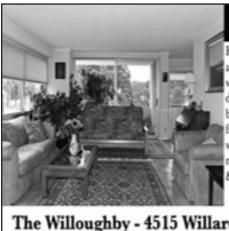
and lots of treats. Participants are encouraged to wear costumes that can withstand moonbouncing.

The event is free, but please call the Village Center at 301-656-2797 if you plan to attend. Children must be accompanied by an adult, guardian or friend over the age of 13. In the event of inclement weather, the party will take place on Sunday, Oct. 26 from 1 to 3 p.m.



Reminder

William Bodde Jr., will present a program at the Village Center entitled "1945: The Year That Changed Everything" on Friday, Oct. 10, at 1:30 p.m. After the presentation, please stay for tea. Sign up for this free event by calling 301-656-2797.



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The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

ADVERTISING

The deadline for reserving space for the November issue is October 5. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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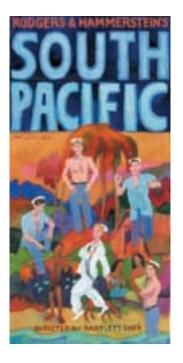


ON the GO...

Don't miss this chance!

A few spaces remain on our overnight trip to New York City on **Tuesday**, **Nov. 18.** We will visit the Frick, share an elegant meal, and enjoy "the show you will remember forever," *South Pacific*.

Our visit begins with lunch at New York's East Side restaurant, Centolire. Our menu will include (please choose at sign-up) Caesar salad or soup of the day for a first course; Fettucine alla Bolognese (meat sauce) or oven-roasted salmon for a main course;



Relive history in Gettysburg

It's not too late to sign up for the trip to Gettysburg on **Tuesday, Oct. 28**. We will tour the Eisenhower Farm, enjoy lunch together, visit the battlefield, then tour the new Visitor Center and view the newly restored Cyclorama, shown to the public for the first time last month. This colossal circular oil painting, created in 1884, depicts

Continued on page 19

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Newsweek's Howard Fineman Transition to digital tv: to speak at the Center

Howard Fineman, senior Washington correspondent and columnist for Newsweek, will discuss his new book, The Thirteen American Arguments: Enduring Debates That Define and Inspire Our Country, at the Village Center on Thursday. Oct. 23, at 7:30 p.m.

Mr. Fineman's "Living Politics" column appears regularly in the magazine, on newsweek.com, and on MS-NBC.com. An award-winning writer, Mr. Fineman is also an NBC news analyst and a regular on Hardball with Chris Matthews and Countdown with Keith Olbermann.

Mr. Fineman's new book takes a sweeping look at the fundamental debates that he believes have shaped our country. For example, who is a "person?" An American? What is the role of faith in public life? How can we make sure our system is equitable and fair? "We are an arguing country," he writes, "born in, and born to, debate. (It) makes us unique and gives us our freedom, creativity, and strength."

Copies of the book, provided by Politics and Prose Bookstore, will be available for purchase. Please sign up in advance by calling the Village Center at 301-656-2797.

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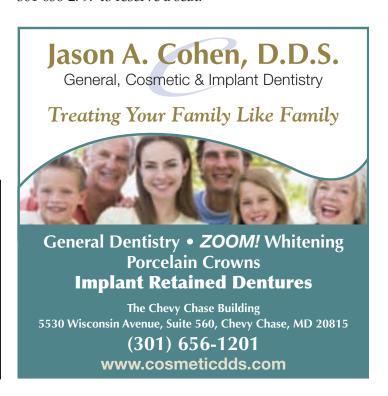
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what you need to know

On February 17, 2009 all full-power television stations in the United States will begin broadcasting only in digital. This will allow stations to offer improved picture and sound quality and additional channels. How will the change affect you? Will you need to buy a new TV?

I.J. Hudson, former technology reporter for WRC-TV will tell you everything you need to know about the transition at the Village Center on Wednesday, Nov. 5, at 1:30 p.m.

Mr. Hudson was at Channel 4 for two decades as a political reporter, and weekend anchor. Please call 301-656-2797 to reserve a seat.







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PLAYING on the BIG SCREEN

All movies now begin at 7 p.m.

A Note from the Program Directors

As a courtesy to our speakers, authors and performers...

•Turn off cell phones • Do not take food or drink into the auditorium • Arrive on time for all events • Unless it is an emergency, please stay until the conclusion of the program. It is distracting to others in the audience and insulting to the presenters when people walk out. Plenty of time to catch the shuttle bus will always be allowed.

Thursday, Oct. 2, 7:30 p.m. — Book Signing with Sen. Chuck Hagel — see page 17 for details.

Thursday, Oct. 9, 7 p.m. — Monster House — In

Columbia Pictures' animated comedy/thriller, three kids cross over to the other side of the street to unlock a mystery and experience the greatest adventure of their lives. The story begins with 12-year-old DJ Walters, who is convinced that there's something weird about old man Nebbercracker's house across the street. Things keep disappearing into



the dilapidated structure: basketballs, tricycles, toys and pets. On the day before Halloween, DJ and his pal Chowder have a run-in with Mr. Nebbercracker after their basketball wanders onto his lawn and is mysteriously swept into the house. Then, the house tries to swallow their new friend Jenny, but no one believes the frightened friends claims that the house is up to no good. Features the voices of Maggie Gyllenhaal, Mitch-

el Musso, Sam Lerner, and Kevin James. Rated PG-13. Running Time: 91 minutes.

Thursday, Oct. 16, 7 p.m. — Made of Honor

— Patrick Dempsey and Michelle Monaghan star in this romantic comedy offering a twist on the traditional role of maid of honor. Tom is a wealthy playboy who realizes his platonic relationship with his college pal Hannah has turned into something more. When Hannah asks him to be her maid of honor, Tom accepts, then sets out to sabotage the wedding so that he can win the bride for himself.



The film features Sydney Pollack as Tom's often-married father. Rated PG-13. Running Time: 101 minutes.

Thursday, Oct. 23, 7:30 p.m., — Book Signing with Howard Fineman — see page 4 for details.

Thursday, Oct. 30, 7:30 p.m., — Book Signing with Robert Dallek — see page 1 for details.



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ARTS & CULTURE

Fall Watercolor exhibition

The Washington Water Color Association returns to the Friendship Gallery for the month of October. The art show will be judged by artist and educator Michaele Harrington. Ms. Harrington's work has been exhibited in major national exhibitions including the 1983 World's Fair in New Orleans (2nd Place Award) and twice in the American Watercolor Society's Annual International Exhibitions, as well as in other national and regional exhibitions. Her post-modern explorations in 2- and 3-dimensions express her interests in psychology, cultural archetypes and personal symbolism.

The exhibit begins Oct. 2 and runs through Oct. 31. The public is invited to meet the artists at a reception and awards ceremony on **Sunday, Oct. 5, from 11:30 a.m. to 1:30 p.m.** Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m., Friday, 9 a.m. to 5 p.m., and Saturday and Sunday, 9 a.m. to 2 p.m. Art work in the auditorium is occasionally not available for viewing because of activities in that room; check with the front desk receptionist when you arrive. Please note that all sales of art are final.



Waterfall, Malham, Michaele Harrington



Study in Blue and White, Michaele Harrington

Tea and Talk: Italian opera

Dr. Denise Gallo, musicologist and opera specialist, will speak on 19th Century Italian opera at the Village Center on **Friday, Oct. 24, at 1:30 p.m.**

Dr. Gallo is Head of Acquisitions and Processing in the Music Division of the Library of Congress and Adjunct Professor at Catholic University. An active scholar



and researcher, she is a frequent lecturer for Washington National Opera, the Baltimore Opera Company, Washington Concert Opera, and The Smithsonian Associates. She has also lectured as part of the education series at the Metropolitan Opera. Her books include *Gioachino Rossini: A Guide to Research* (2002; revised 2008) and *Opera: The Basics* (November, 2005). Dr. Gallo will discuss opera of the nineteenth century, including Donizetti's *Lucrezia Borgia*, which will be performed in November by the Washington National Opera. Music excerpts will demonstrate all of the features of a work from the early nineteenth-century Italian stage.

After the presentation, please stay for tea. Sign up for this free event by calling 301-656-2797.

PREREGISTRATION IS REQUIRED FOR ALL CLASSES. PARTICIPANTS MUST PAY FOR THE FULL SERIES. NO REFUNDS AFTER CLASS BEGINS.

Beginning immediately, all participants in fitness classes and Drop-in Tai Chi at the Center will be asked to sign a liability waiver when they register.

ART

CHINESE BRUSH PAINTING

A 10-week class for all skill levels taught by Helene Sze McCarthy begins October 2. Meets Thursdays from 1 to 3 p.m. Cost is \$100. Session ends Dec. 11. A minimum of 6 students is required; the maximum is 10.

PORTRAITURE IN PENCIL AND PASTEL

This 6-week class, taught by award-winning artist and photographer Marianne Winter, begins Oct. 1. Meets Wednesdays from 1 to 3 p.m. Students will concentrate on achieving likeness using photos or reproductions of artwork. Please bring a pad and pencil or pastel to the first class. Some previous experience in drawing is necessary. The cost is \$70. (Maximum number of students is 8). Session ends Nov. 5.

BRIDGE

ADVANCED BRIDGE

A 5-week course for players well-versed in all the fundamentals who seek to fine-tune opening leads, slam bidding, balancing and sacrifice bidding, signalling, reading opponents' cards, and getting opponent help in the play. Begins Oct. 23. Meets Thursdays from 3 to 4:45 p.m. Cost is \$100. Session ends Dec. 4. Instructor Steve Hoglund has taught for 26 years at the Chevy Chase Club, the Irene, and

the Sulgrave. This class is for previous students or with permission of the instructor. Email Mr. Hoglund at Hoglundst@aol.com or call the Center for his phone number (class will not meet Nov. 6).

REFRESHER BRIDGE

A 5-week course for people who want help with the fundamentals: responding to partner, when to stop bidding, lead trumps, finessing. Begins Oct. 23. Meets Thursdays from 1 to 2:45 p.m. Cost is \$100. Session ends Dec. 4. Instructor is Steve Hoglund (see above). For previous students or with permission of the instructor (class will not meet Nov. 6).

EXERCISE AND FITNESS

ALL ABOUT BALANCE

This 6-week class begins Oct. 21. Meets Tuesdays, from 1 to 1:45 p.m. The class, taught by Tonya Walton, will focus on simple exercises you can do to improve your overall balance. The cost is \$62. Session ends Dec. 2 (class will not meet Nov. 4).

CHAIR EXERCISE WITH TONYA

This 6-week class begins Oct. 22. Meets Wednesdays, from 11 to 11:50 a.m.The class, taught by Tonya Walton, is especially for people who want to tone upper and lower body muscles, as well as improve strength and energy, through chair exercises. The cost is \$62. Session ends Dec. 3 (class will not meet Nov. 26).

CHAIR YOGA

This 6-week series taught by Louisa Klein begins Oct. 29. Meets Wednesdays from 3 to 4:15 p.m. Do not eat for one hour before class; wear comfortable clothing but no heavy jewelry or perfume. The cost is \$60. Ends Dec. 3.

MAT PILATES

The next 6-week session begins Nov. 18. Meets Tuesdays from 7 to 8 p.m. The cost is \$80 for residents and \$90 for nonresidents. Movements to improve balance, strength and flexibility. Pilates balls are used to assist in some exercises. Not recommended for pregnant women or those with serious spinal conditions. Required equipment: Pilates/Yoga mat, large bath towel. Questions? E-mail – Gingerrusteach@yahoo.com. Session ends Dec. 30 (class will not meet on Nov. 25).

STRENGTH TRAINING WITH CHERYL

This 6-week session begins Oct. 17. Meets Fridays, from 10:30 to 11:30 a.m.The class, taught by Cheryl Clark, will enhance range of motion and strengthen muscles and work on balance and posture. The cost is \$65. Session ends Dec. 5 (class will not meet Nov.7 or 28).

STRENGTH TRAINING WITH TONYA

This 6-week session begins Oct. 20. Meets Mondays, from 1 to 1:50 p.m. The class, taught by Tonya Walton, focuses on increasing mobility, flexibility, balance,

and overall strength. The cost is \$62. Session ends Nov. 24.

TAI CHI (THURSDAY)

This 6-week session begins Oct. 23. Meets Thursdays from 9:30 to 10:30 a.m.The cost is \$40. Feel free to email instructor Thomas Johnson at Taijitaj@comcast.net if you have any questions about this class. Session ends Dec. 18 (class will not meet Dec. 4 or 11).

TAI CHI (TUESDAY)

This 6-week session begins Nov. 11. Meets Tuesdays from 9:30 to 10:30 a.m.The cost is \$40. Feel free to email instructor Thomas Johnson at Taijitaj@comcast.net if you have any questions about this class. Session ends Dec. 30 (class will not meet Dec. 2 or 9).

ONGOING GROUPS, CLUBS AND OTHER ACTIVITIES

BLOOD PRESSURE SCREEN-ING/SUBURBAN NURSE

A Suburban Hospital nurse is on hand to offer free blood pressure screenings Tuesdays from 1 to 2:45 p.m.only. The nurse is also available for consultations Tuesdays from 3 to 5 p.m.

COFFEE AND CURRENT EVENTS

This long-running discussion group meets informally every Fri-

day from 10:30 a.m. to noon. Led by group members.

CONCERTS

Free live music is presented every Wednesday throughout the year at 7:30 p.m. Check the calendar and concert page for each week's performance information. No registration is required. All are welcome.

FHUN

The Friendship Heights Urban Network (FHUN) is a group dedicated to bringing together young professionals, young parents, and college students. The group is currently organizing events such as monthly Happy Hours, barbeques, and special evenings at local restaurants. For more information, check FHUN's website at www.fhun. net. This group is not affiliated with the Friendship Heights Village Council.

GREAT BOOKS DISCUSSION GROUP

Book lovers participate in lively presentations and discussions of works, usually taken from the Great Books series. Leadership is rotated among group members. Meets Mondays from 10 a.m. to noon. Contact Jean McNelis at 301-656-6695.

HEALTH INSURANCE COUNSELING

Free assistance offered by the Maryland Cooperative Extension's Senior Health Insurance Assistance Program. Meets on the second and fourth Wednesdays of each month. Call 301-590-2819 for an appointment; walk-ins are welcome.

SCRABBLE

This group of Scrabble players meets at the Center Thursdays at 6 p.m. All are welcome.

TEA TIME

Village residents and their guests are invited to tea every Tuesday from 3 to 4 p.m. Hot beverages, cookies and fruit are served by Village volunteers. There is no cost.

VILLAGE PLAY TIME

Children of all ages are welcome to be together at the Village Center most Thursdays from 11 a.m. to 4 p.m. Games, toys and play equipment will be set out in the auditorium for their enjoyment. Children must be accompanied by a caregiver, friend or family member over age 13.

WALKING CLUB

Leaves the Center every Tuesday, Thursday and Saturday at 8:15 a.m. for a walk through a nearby neighborhood. Contact Helen Davis, 301-718-6340, or Marjorie Yahraes, 240-497-0050 for more information.

YIDDISH

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Contact Maurice Singer at 202-362-0883 for details.

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Friendship Heights Village Center



Calendar of Events 20

0 0 E R **MONDAY** WEDNESDAY **THURSDAY FRIDAY SATURDAY SUNDAY** 9:15 a.m.: Fit 4-Ever Village Council meetings are held the sec-8:15 a.m.: Walking Club 9:15 .m.: Drop-in Tai Chi 8:15 a.m.: Walking Club 11 a.m.: Chair Exercise 9:30 a.m.: Tai Chi 10 a.m. - 3 p.m.: AARP Safe ond Monday of each month, unless that 9 a.m. - 1 p.m.: Twin Driving 11 a.m.: Still Life Painting 1 p.m.: Portraiture in Pencil Springs Monday is a holiday. The next meeting and Pastel 1 p.m.: Chinese Brush Painting 10:30 a.m.: Coffee and will be Tuesday, Oct. 14, at 8 p.m. at the Current Events 6:30 p.m.: Beginning Spanish 1:30 p.m.: Advanced Bridge 10:30 a.m.: Strength 11 a.m. - 4 p.m.: Village 7:30 p.m.: Concert: Village Center. The agenda for the meeting Training with Cheryl Playtime Baltimore Mandolin is sent to the manager of each building in 6 p.m.: Scrabble 1 pm.: Bridge Group 6:45 p.m.: Acrylic or Oil the Village the week before the meeting 6:30 p.m.: Depart for Capitol Steps with the request that it be posted. 7:30 p.m.: Book Signing with Sen. Chuck Hagel 9:15 a.m.: Fit 4-Ever 9:15 a.m.: Fit 4-Ever 8:15 a.m.: Walking Club 8:15 a.m.: Walking Club 9 a.m.: Yoga 8:15 a.m.: Walking Club 9:15 a.m.: Drop-in Tai Chi 10 a.m.: Great Books 11 a.m.: Chair Exercise 9:30 a.m. – 1:30 p.m.: Coffee 9:30 a.m.: Tai Chi 9:30 a.m.: Tai Chi 10:30 a.m.: Coffee and 9 a.m. – 1 p.m.: Twin 10:30 a.m.: Resistance Training For Seniors and Sunday Papers 1 p.m.: Chinese Brush Current Events Springs 1 p.m.: Suburban Lec-1 p.m.: All About Balance 11:30 a.m. - 1:30 p.m.: ture: Parkinson's 10:30 a.m.: Strength 1 p.m.: Strength Training with Tonya Painting 1 – 2:45 p.m.: Blood **Art Reception** Training with Cheryl 1 p.m.: Health Insurance 1:30 p.m.: Advanced Bridge Pressure Screening Counseling 1 p.m.: Bridge Group 1 p.m.: Bridge Group 11 a.m. – 4 p.m.: Village 3 – 4 p.m.: Tea 2:30 p.m.: Drawing and Painting 1 p.m.: Portraiture in Pencil 1:30 p.m.: Tea and Talk: Playtime 3-5 p.m.: Suburban Nurse and Pastel 1945: The Year That 6 p.m.: Scrabble Specialist 6:30 p.m.: Spanish 2 6:30 p.m.: Beginning Spanish **Changed Everything** 7 p.m.: Mat Pilates 6:45 p.m.: Acrylic or Oil 7 p.m.: Yoga 7:30 p.m.: Concert: Ka-Painting 7 p.m.: Café Muse thie Trahan 7 p.m.: Movie: Monster 9:30 a.m. – 1:30 p.m.: Coffee **Columbus Day** 8:15 a.m.: Walking Club 9:15 a.m.: Fit 4-Ever 8:15 a.m.: Walking Club 9:15 .m.: Drop-in Tai Chi 8:15 a.m.: Walking Club and Sunday Papers 10:30 a.m.: Coffee and **Center Open** 9:30 a.m.: Tai Chi 9:30 a.m.: Tai Chi 9 a.m. – 1 p.m.: Twin 10:15 a.m.: Yiddish Current Events 11 a.m.: Still Life Painting 1 p.m.: All About Balance 9 a.m. to 2 p.m. 11 a.m.: Chair Exercise 10:30 a.m.: Strength 1 - 2:45 p.m.: Blood 1 p.m.: Chinese Brush Painting 7:30 a.m.: Depart for 1 p.m.: Portraiture in Pencil Training with Cheryl Pressure Screening Canada and Pastel 1:30 p.m.: Advanced Bridge 1 pm.: Bridge Group 3 - 4 p.m.: Tea 10 a.m.: Great Books 6:30 p.m.: Beginning 11 a.m. – 4 p.m.: Village 3 – 5 p.m.: Suburban Nurse Playtime Spanish 10:30 a.m.: Resistance Specialist 6 p.m.: Scrabble Training For Seniors 7:30 p.m.: Concert: 7 p.m.: Living Room Theatre Haskell Small 6:45 p.m.: Acrylic or Oil 1 p.m.: Strength Training 7 p.m.: Mat Pilates Painting with Tonya 8 P.M.: FRIENDSHIP 7 p.m.: Movie: Made of HEIGHTS COUNCIL MEETING Honor 9 a.m.: Yoga 9:15 a.m.: Fit 4-Ever 8:15 a.m.: Walking Club 9:15 a.m.: Fit 4-Ever 8:15 a.m.: Walking Club 9:15 a.m.: Drop-in Tai Chi 8:15 a.m.: Walking Club 10 a.m.: Great Books 10:30 a.m.: Coffee and 9:30 a.m. – 1:30 p.m.: Coffee 10:15 a.m.: Yiddish 9:30 a.m.: Tai Chi 9 a.m. – 1 p.m.: Twin 9:30 a.m.: Tai Chi and Sunday Papers 10:30 a.m.: Resistance 12:30 p.m.: Vision Support 11 a.m.: Still Life Painting Current Events Springs 11 a.m.: Chair Exercise 1 p.m.: Children's Training For Seniors 10:30 a.m.: Strength Group 1 p.m.: Chinese Brush Painting 1 to 4 p.m.: Memory 1 p.m.: Strength Training Halloween Party Training with Cheryl 1 p.m.: All About Balance 1 p.m.: Refresher Bridge with Tonya 1 p.m.: Bridge Group 1 – 2:45 p.m.: Blood 1 p.m.: Health Insurance 3 p.m.: Advanced Bridge 1 p.m.: Bridge Group 11 a.m. – 4 p.m.: Village Playtime Pressure Screening Counseling 1:30 p.m.: Tea and Talk: 2:30 p.m.: Drawing and Painting Italian Opera 1 p.m.: Portraiture in Pencil 3 – 4 p.m.: Tea and Pastel 6 p.m.: Scrabble 3 – 5 p.m.: Suburban Nurse 6:30 p.m.: Spanish 2 6:30 p.m.: Beginning Spanish Specialist 6:45 p.m.: Acrylic or Oil 7 p.m.: Yoga 7:30 p.m.: Beyond Iraq 7:30 p.m.: Concert:Susan Painting 7:30 p.m.: Book Signing with Howard Fineman 9 a.m.: Yoga 9:15 a m : Fit 4-Ever 9:15 a.m.: Fit 4-Ever 8:15 a.m.: Walking Club 8:15 a.m.: Walking Club 9:15 a.m.: Drop-in Tai Chi 10 a.m. - 2 p.m.: MVA Bus 10:15 a.m.: Yiddish 10:30 a.m.: Coffee and 9:30 a.m. - 1:30 p.m.: Coffee 8:15 a.m.: Depart for 9:30 a.m.: Tai Chi and Sunday Papers 10 a.m.: Great Books Gettysburg Current Events 11 a.m.: Chair Exercise 11 a.m.: Still Life Painting 10:30 a.m.: Resistance Train-10:30 a.m.: Strength 1 p.m.: Portraiture in Pencil 9:30 a.m.: Tai Chi 1 p.m.: Chinese Brush Painting ing For Seniors Training with Cheryl and Pastel 1 p.m.: All About Balance 1 p.m.: Refresher Bridge 1 p.m.: Strength Training with Tonya 2 p.m.: "The Steep Ascent: 1 p.m.: Bridge Group 1 - 2:45 p.m.: Blood 3 p.m.: Advanced Bridge Visit with A Pressure Screening 1 p.m.: Bridge Group 11 a.m. – 4 p.m.: Village row Lindbergh" 2:30 p.m.: Drawing and 3 - 4 p.m.: Tea Playtime 3 p.m.: Chair Yoga Painting 6 p.m.: Scrabble 3 – 5 p.m.: Suburban Nurse 6:30 p.m.: Beginning Spanish 6:30 p.m.: Spanish 2 Specialist 6:45 p.m.: Acrylic or Oil 7:30 p.m.: Concert: 7 p.m.: Yoga Painting **Haunts with Ellouise**

Shuttle bus hours



Monday through Friday Saturday and Sunday

6:40 a.m. to 9:40 p.m. 8 a.m. to 7 p.m.

Village Center Hours

Monday through Thursday 9 a.m. to 9 p.m. Friday 9 a.m. to 5 p.m. Saturday and Sunday 9 a.m. to 2 p.m.

The Friendship Heights Village Center is open to everyone. People who live or work in the Village are especially welcome.





7:30 p.m.: Book Signing with Robert Dallek



CONCERTS

Concerts are performed Wednesdays, from 7:30 to 8:30 p.m. in Huntley Hall in the Village Center. As a courtesy to our performers, before entering the auditorium, please turn off any cell phones or electronic devices. Please do not take reading materials in the auditorium. If you arrive late, please wait for a break in the performance before entering the concert hall.

Wednesday, Oct. 1 — Baltimore Mandolin Quartet

— The Quartet was founded in 1999 by members of the Baltimore Mandolin Orchestra in order to explore this little-known repertoire. In addition to bringing the works of past masters of the mandolin to modern audiences, their concerts feature new arrangements and original compositions by mandolinist Jonathan Jensen.

Wednesday, Oct. 8 — *Kathie Trahan* — Kathie Trahan is the principal flutist with the Annapolis Chorale, Columbia Pro-Cantare and Prince Georges Philharmonic Orchestras. She has appeared in many major halls including Carnegie Hall, the Phillips Gallery, the Library of Congress, and the John F. Kennedy Center for the Performing Arts. Additionally, she is a flute instructor at the University of Maryland and owns a private flute instruction studio.

Wednesday, Oct. 15 — *Haskell Small* — Pianist and composer Haskell Small has performed around the world, ranging from Europe to Asia to South American and throughout the U.S., in venues including Carnegie Hall, the John F. Kennedy Center for the Performing Arts, and the Spoleto Festival.

Wednesday, Oct. 22 — *Susan Jones* — Violinist Susan Jones brings a new twist to this performance at the Village Center, offering an evening of country and Americana. She is a versatile musician at home in jazz, classical, Mariachi and Klezmer groups alike.

Wednesday, Oct. 29 — *Haunts with Ellouise Schoettler* — Local storyteller and artist Ellouise Schoettler returns to the Village Center for a fifth year of spellbinding and spine-tingling tales.

Donate those old eyeglasses

The Lions Club is collecting old eyeglasses to recycle and reuse. Please bring your old eyeglasses to the Village Center.

Dinner and Dancing with the Emery Davis Orchestra

Relive the nostalgia and romance of the Big Band era as the Friendship Heights Village Center presents a special dinner dance with the Emery Davis Orchestra on **Friday, Nov. 7, from 6:30 - 8:30 p.m.** With grace and style, band leader Emery Davis carries on the tradition his father began with his world-famous Meyer Davis Orchestra. His orchestras have played events as diverse as the wedding of John F. Kennedy and Jackie Bouvier to Debutante Cotillions to Inaugural Balls. An immensely talented musician, his repertoire ranges from "String of Pearls" to "Shake, Rattle and Roll."

A scrumptious dinner will be provided by *Alfio's*. The menu will feature tortellini, chicken parmesan, salad and delicious Italian bread. After dinner, you can sit back and relax or dance the night away as the Emery Davis Orchestra delights us with its wonderful melodies.

The cost of the event is \$25 per person. Tickets are available immediately and must be purchased in advance at the Village Center. For additional information, contact the Village Center at 301-656-2797.

Is Your Lawyer also a CPA?









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TO YOUR HEALTH

Living with Parkinson's

About one million Americans suffer from Parkinson's disease, which usually affects people over the age of 50. The disease is characterized by the loss of brain cells that produce dopamine, a chemical that is critical to normal function of the central nervous system.

Join Dr. William Bara-Jimeniz, a neurologist, for a general overview of Parkinson's disease, including discussion on symptoms, causes, and available treatment options at this month's Suburban Health Lecture at the Village Center on **Wednesday**, **Oct. 8**, **at 1 p.m.**

There is no cost for the talk, but please call 301-656-2797 to let us know if you plan to attend.

Vision Support Group: focusing on what is right with your sight

Join the Vision Support Group on **Tuesday, Oct. 21, at 12:30 pm,** and meet Dr. Suleiman Alibhai, a celebrated speaker and nationally recognized low vision expert who has helped thousands of individuals with impaired sight to maintain their independence and optimize their remaining vision. In addition to his private practice, Dr. Alibhai consults with the National Eye Institute and the Low Vision Clinic at Johns Hopkins where he holds a faculty position. He has the unique ability to help focus on what is right with your eyesight rather than what is wrong. Bring a bag lunch; dessert and beverages will be provided.

The Vision Support Group is a partnership of the Prevention of Blindness Society of Metropolitan Washington and the Village of Friendship Heights. Please call 301-656-2797 to register.

TALBOTS

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Fight the flu!

Friendship Heights has scheduled two flu shot clinics this fall. The MedStar Health Visiting Nurses Association will administer the vaccine at the Village Center on **Thursday**, **Nov. 6**, from **3 to 7 p.m.** and on **Friday**, **Nov. 7 from 10 a.m. to 2 p.m.** to anyone over the age of nine. A total of 600 shots will be given. <u>Registration is a must</u>.

- Cost is \$35 (cash or check payable to Medstar VNA only).
- No charge for individuals with Medicare Part B (non-HMO) but you must bring your card.
- VNA does not accept Medicaid

A limited number of pneumonia shots will also be available. The PPV is recommended for adults over 65 or anyone who has a long term health problem or disease that lowers the body's resistance. If you have had the PPV in the last 5 years, ask your doctor if a second one is needed. The cost for a pneumonia shot is \$55; registration required.

Call 301-656-2797 to register. Village residents may register immediately; nonresidents may sign up after Oct. 10. **You must have an appointment to receive a shot.**

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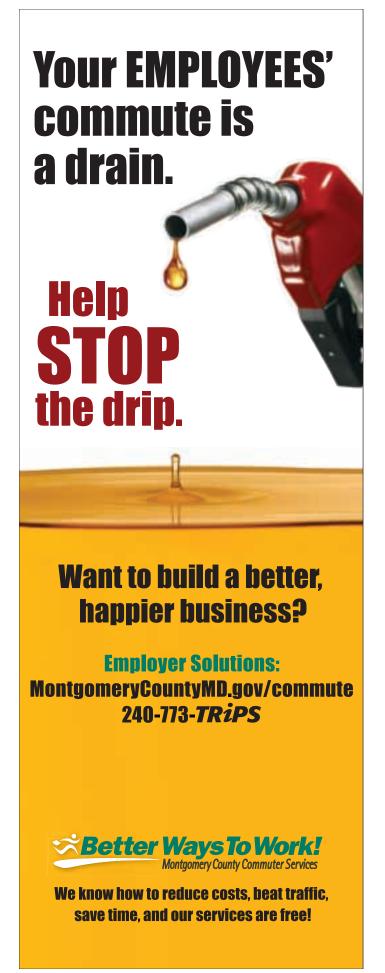
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V W W . D R C A S T I E L L O . C O M



Cafe Muse presents...

This month's Café Muse, on Monday, Oct. 6, at 7 p.m., presents a reading by poets Barbara Goldberg and Kathy Mangan.

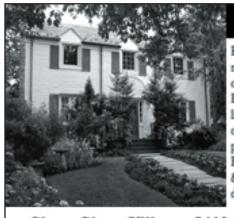
Barbara Goldberg is the author of four books of poetry including The Royal Baker's Daughter, winner of the 2008 Felix Pollak Poetry Prize and co-editor of two anthologies of contemporary Israeli poetry. She is a senior speechwriter at AARP.

Kathy Mangan is the author of *Above the Tree Line*. Her work has earned a Pushcart Prize and appeared in such journals as Georgia Review, Gettysburg Review, Shenandoah, and Southern Review. She is a Professor of English at McDaniel College in Westminster, Md.

Café Muse opens at 7 p.m. with refreshments and classical guitar by Michael Davis; readings begin at 7:30. Attending poets are invited to participate

in an open reading that concludes the program. A sign-up sheet will be available at 7 p.m. Café Muse is presented by The Village of Friendship Heights and The Word Works, a nonprofit literary organization that has sponsored public programs for over 30 years.





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Advance Planning for Seniors & Caregivers

Free Presentation at Brighton Gardens at Friendship Heights

Please join us at Friendship Heights for an informative presentation by Camilla O. McRory and Susan L. Hoffman who focus on serving clients regarding elder law and advance planning issues. Learn about Durable Power of Attorney and Advance Directives/Living Wills. Act today, and ensure peace of mind knowing your well-being is secure for tomorrow.

A question and answer session will follow the presentation. Light refreshments will be served. **RSVP for you and a friend today!**

Advance Planning for Seniors & Caregivers

Camilla O. McRory concentrates her practice in the field of Elder Law using an interdisciplinary approach with all clients. She is a graduate of the Columbus School of Law at Catholic University, admitted to the Maryland Bar in 1978. Ms. McRory served as the inaugural Chair of the Elder Law Section of the Maryland State Bar Association from January 15, 1994 through June of 1995, and completed serving the second of the two permitted two year terms as a member of the Section Council in June of 2004, returning to service on the Section Council as of July 2005, where she continues to serve.

Susan L. Hoffman is a Licensed Clinical Social Worker who has been providing comprehensive geriatric case management services at the law firm of Camilla O. McRory since 2001. Susan has over 20 years experience in her field.

Event Details

Advance Planning for Seniors & Caregivers

With Camilla O. McRory and Susan L. Hoffman

Monday, October 20, 2008 7-8:30 pm

Space is limited. RSVP to 301-656-1900 by October 13th!

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Beyond Iraq: foreign policy challenges for the next president

The next President of the United States will face daunting foreign policy challenges: nuclear proliferation; the emergence of China and India as powerful global players, the Islamic world; an increasingly hostile Russia; the Arab-Israeli conflict; and, the future stability of Pakistan and Afghanistan. He must work to reverse America's diminished international reputation and reestablish our country's leadership in dealing with transnational issues such as global warming, the decline of the environment, terrorism, and, vast population shifts.

William Bodde Jr., United States Ambassador (Ret.), will look at some approaches the next Presi-

dent might take to meet the challenges ahead at the Village Center on Tuesday, Oct. 21, at **7:30 p.m.** Ambassador Bodde is a retired U.S. Foreign Service Officer, who served in Europe, Asia and the Pacific Islands.







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Don't forget!

Sen. Chuck Hagel will discuss his book, America: Our Next Chapter: Tough Questions, Straight Answers, at the Village Center on Oct. 2, at 7:30 p.m.

Copies of the book, provided by Politics and Prose Bookstore, will be available



for purchase. Please sign up in advance by calling the Center at 301-656-2797.

Don't worry - you'll be home in time to watch the 9 p.m. Vice Presidential debate!

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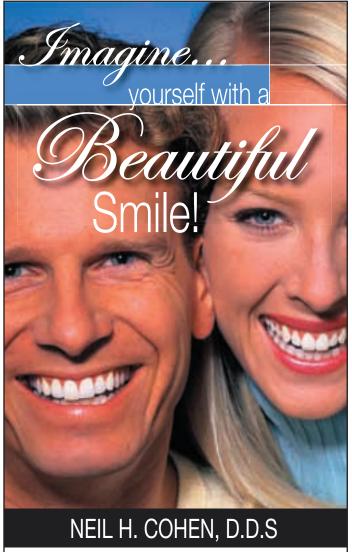
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Improve your memory, improve your life!

Memory is central to everything we do. Come to a one-day Memory Power workshop at the Village Center on **Wednesday**, **Oct. 22**, **from 1 to 4 p.m.** for an update on memory research and tips on improving your memory. Participants will learn about the information processing system and several memory techniques.

Paul Williams, a retired federal government executive, is a certified Idea Mapping instructor. He has taught this workshop for 15 years to over 2,000 people, from elementary school students to senior citizens.

This workshop is free, but registration is **a must**. A minimum of 12 participants is required. Please call 301-656-2797 to sign up.

An afternoon with Anne Morrow Lindbergh

Candace Ridington will return to the Village Center on **Wednesday**, **Oct. 29**, **at 2 p.m.**, to perform an original one-woman show entitled "The Steep Ascent: A Visit with Anne Morrow Lindbergh"

Meet Anne Morrow Lindbergh, wife of aviator Charles Lindbergh. A pilot herself, as well as a prolific writer, world traveler and mother of five children, Anne will share her experiences, along with the perils of being in the limelight because of her husband's fame.

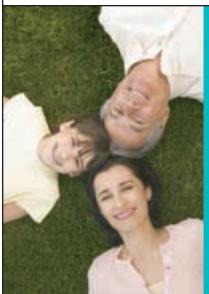
Candace Ridington, former college teacher, has portrayed poet Emily Dickinson, Mark Twain's wife Livy, and musician Clara Schumann in past appearances at the Center. All are original pieces by Ms. Ridington.

Call the Center at 301-656-2797 to reserve a seat.









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New York, continued from page 3

and, Tiramisu or sorbet with biscotti for dessert.

Following lunch, we will take an audio guide tour of the exquisite Frick Collection, one of New York City's most beloved cultural treasures. It is housed in Henry Clay Frick's splendid mansion. The collection includes masterpieces by Rembrandt, Vermeer, El Greco and Goya, as well as outstanding French furniture and porcelains, Limoges enamels, and, major works of sculpture.

We will check into the Novotel, located at 52nd and Broadway, before heading over to the Lincoln Center Theater to see *South Pacific*. This beautiful revival of Rodgers and Hammerstein's classic musical won seven Tony Awards in June.

Wednesday morning we'll enjoy the breakfast buffet at the hotel before leaving for several hours of shopping or sightseeing. Let us know if you would like information about purchasing tickets to the 11 a.m. Radio City Christmas Spectacular. We will leave for home around 2 p.m.

We will depart from the Village Center at 7:30 a.m. on Tuesday and return around 6:30 p.m. Wednesday. The cost of the trip, which includes an Orchestra seat ticket to *South Pacific*, a three-course lunch at Centolire, admission to the Frick, hotel accommodations and breakfast, transportation, and all tips and taxes is \$575 per person based on double occupancy. The single supplement is \$170. Sign up immediately at the Village Center.

Gettysburg, continued from page 3

the charge of the Confederate infantry led by General George Pickett. The three-dimensional diorama was badly damaged over the years and the conservation of this historical artifact was the largest project of its kind ever undertaken in North America.

Upon arrival in Gettysburg, we will take a short ride to the Eisenhower National Historic Site, home and farm of President Dwight D. Eisenhower. After a short orientation tour, you will be on your own to explore the home and the grounds.

Following the tour, we will have lunch at the Dobbin House, a colonial restaurant listed on the National Register of Historic Places. Our menu will include soup of the day, a sandwich (please choose at sign-up: turkey and Swiss, hot ham and cheese, or Reuben), and cherry crumb pie for dessert.

After lunch, a licensed battlefield guide will board our bus for a tour of the 3,500-acre Gettysburg National Military Park. The Battle of Gettysburg, which lasted three days, had the largest number of casualties in the American Civil War and is frequently cited as the war's turning point.

A stop at the Visitor Center to view the cyclorama and artifacts will complete our day.

We will depart from the Village Center at 8:15 a.m. and return by 6:15 p.m.

The cost of the trip, which includes both tours, admission fees, lunch, transportation, and all gratuities, is \$105. Sign up at the Village Center.







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Village Council Corner

Road and Sidewalk Project To Begin

At the September 8 public session, the Council awarded a contract for road repaving and concrete work to Highway and Safety Services for a cost of \$793,569, which will be paid out of our Capital Improvements Fund. Bob Harrison of the A. Morton Thomas engineering firm, prepared specifications based on standards adopted by the State Highway Administration.

The first phase of the job will include the removal and replacement of curb, gutter and sections of sidewalk throughout the Village. The engineer has marked the affected areas. The second phase will be the repaving of all Village streets. The contractor will ensure that traffic flow is maintained at all times during construction. Garage access for many of the buildings will be temporarily obstructed while the repaving is in progress. We will communicate directly with each building

Other items at the September 8 Council meeting:

• Discussion of shuttle bus options with bus contractor.

NOTE: The next Council meeting will be Tuesday, October 14 due to the Columbus Day holiday.

manager with updates as necessary to keep you as informed as possible. The job is expected to begin in early October and take 60-90 days to complete, weather permitting. We appreciate your patience. Once this is finished we will have completed all of the capital improvement projects identified by our engineering firm in the infrastructure survey from 2002.

A Friendly Reminder to Dog Owners





We love dogs too, but dog waste is killing our flowers. Please do not let your dog into our flower beds (at all) and clean up after your dog on the grass. We take great pride in keeping our parks and flowers looking beautiful—we need your help!



Friendship Heights Village Center 4433 South Park Avenue Chevy Chase, Maryland 20815

Check out our website:

www.friendshipheightsmd.gov

e-mail: info@friendshipheightsmd.gov

phone: 301-656-2797

October 2008 events calendar